



H-E-B: The power of personalized nutrition.

Curative is making it easier for you to elevate your health with personalized nutrition plans brought to you by H-E-B Wellness Nutrition Services* in Texas. H-E-B dietitians are a covered benefit for members who complete a Baseline Visit within 120 days of plan activation.

Through Curative’s partnership, H-E-B dietitians create personalized plans that take into account your budget, lifestyle, and specific health requirements. Not only will the team assist you with food selections, they’ll also show you exact products that will make a difference in your nutrition plan.

H-E-B Dietitians see the supermarket as a classroom where they can share their knowledge about food and nutrition in ways that are convenient and hassle-free through better-for-you swaps. H-E-B Dietitians make product recommendations that are personalized for you and your journey.

Curative and H-E-B Wellness Nutrition Services believe in providing comprehensive support to help you achieve your nutrition goals while accommodating your preferences and unique circumstances. H-E-B dietitians specialize in the following conditions:

AUTOIMMUNE DISORDERS

- Multiple Sclerosis
- Celiac Disease
- Rheumatoid Arthritis
- Crohn’s Disease
- Ulcerative Colitis

BEHAVIORAL ISSUES

- Alzheimer’s
- Dementia
- Eating Disorders: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder

CARDIOVASCULAR HEALTH

- Coronary Artery Disease
- Heart Attack or Stroke
- Hypertension

DEVELOPMENTAL DISABILITIES

- Autism Spectrum Disorders
- Down’s Syndrome
- Prader-Willi

DIABETES

- Type 1
- Type 2
- Gestational
- Pre-Diabetes

DYSPHAGIA

FOOD ALLERGIES & AVERSIONS

- Food Allergies
- Food Sensitivities
- Food Intolerances
- Food Aversions (picky eaters)

PULMONARY

- COPD
- Cystic Fibrosis

MUSCULOSKELETAL CONDITIONS

- Arthritis
- Gout
- Rheumatoid Arthritis
- Osteoporosis

GASTROINTESTINAL DISORDERS

- Gastroparesis
- GERD
- Peptic Ulcers
- Esophageal
- Gastric Surgery
- Irritable Bowel Syndrome
- Colostomy Ileostomy
- Diverticular Conditions
- Liver Cirrhosis
- Gallbladder
- Pancreatitis

NEUROLOGICAL CONDITIONS

- Epilepsy
- Huntington’s Disease
- Parkinson’s Disease

NUTRIENT DEFICIENCIES

- Anemia
- Other Nutritional Deficiencies

OBSTETRICS

- Prenatal Nutrition
- Breastfeeding
- RENAL
- Kidney Stones
- Kidney Disease
- Dialysis

ENDOCRINE DISORDERS

- Hyperthyroidism
- Hypothyroidism
- Hashimoto’s
- Grave’s Disease

TRANSPLANT

- Transplant of Kidney

WEIGHT MANAGEMENT

- Overweight
- Obesity
- Underweight; BMI < 18.5
- Malnutrition
- Unintentional Weight Loss
- Bariatric Surgery

The program covers:

- ✓ Weight Management
- ✓ Diabetes Management
- ✓ Childhood and Family Nutrition
- ✓ Cancer Nutrition Support
- ✓ Food Allergy Support
- ✓ Digestive Support
- ✓ Sports Nutrition
- ✓ Cardiovascular Health

Getting started:

- ✓ Become a Curative member
- ✓ Sign-up for your Baseline Visit
- ✓ If this program is right for you, onboarding and enrollment information will be shared during the visit
- ✓ If you choose to enroll, you’ll receive a weekly virtual touch-base and weigh-in to ensure the program is running smoothly for you

Questions? Call Member Support at 855-4-CURATIVE (855-428-7284)

*Currently available to Curative members based in Texas. If outside of Texas and seeking nutritional services, please contact your Care Navigator.